

Elk Point REVIEW

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Tuesday, January 15, 2013

Vol. 33 No. 3 • \$1 (GST incl.)

One-way traffic

At Elk Point Elementary

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Take pride in weight loss

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Chamber hears energy report

By Vicki Brooker
Review Staff

Elk Point Chamber of Commerce welcomed the new year with a brief review of an analysis of the renewable energy systems at the Elk Point Visitor Information EcoCentre compiled by Robert Baron P.Eng. of Lakeland College and presented by Bob Bezpalko.

The report is a summary of the past 18 months of energy production and use, as monitored by the college, shows energy generation by the solar array and wind turbine equaled the manufacturers' specifications and supplied 37 per cent of the building's needs, with the solar array supplying 28 per cent and the turbine nine per cent of the building's demands. The renewable systems generated about 4,877 kWh of energy per year at a value of approximately \$536, calculated at 11 cents per kWh.

The turbine's minimal production is blamed on the low tower height and the "poor location," as the town is located in a shallow valley.

The report suggests increasing the energy efficiency of the building by replacing incandescent lights with LED, noting that even replacing the 19 outdoor lights would save \$394 per year in energy costs, after recouping the cost of the bulbs, and would increase the renewable energy component to 50 per cent, or 64 per cent if both indoor and outdoor bulbs were replaced.

Bezpalko, who called the report "very valuable," noted that there is also an opportunity for the chamber to double the size of the solar array.

Chamber president Debra McQuinn agreed that changing the light bulbs is a top priority for this year. She also wants to complete the outdoor-access washroom for the convenience of trail users, and is looking into the possibility of installing an electric car docking station for the convenience of the traveling public.

(Continued on Page 2)



Vicki Brooker photo

Two for the red team

Elk Point Elementary School students learned the basics of the classic sport of curling from Rocks and Rings instructor Dana Ferguson last Thursday. Here, she shows a group of Grade 4B students how to count the score after they all took turns delivering rocks. Story on Page 8.

Oil industry representative found for CAPC

By Vicki Brooker
Review Staff

After a long absence, Elk Point's Community Advisory Policing Committee has a representative from the oil patch on board. Retired oilman Al Pankiw, who attended the first CAPC meeting of the year, is a member of the Elk Point Oilmen's Association and says that organization "is having a hard time being active because of the demographics in the area. In the past, there were administrators, and now there's mostly working personnel," who find it hard to even attend meetings, to the point the group is "seriously looking at someone to do our paperwork."

The change in demographics has also resulted in the once very active Oil Patch

Watch becoming "very dormant." Telephone fan-out used to alert members of potential problems may no longer work, he noted. The Oil Patch Watch mandate "was crime watch, and at one time it was very active. There are still a lot of eyes out there, and Facebook and Twitter alerts a lot of people."

In earlier years, oil company employees "were expected to volunteer and participate in community events, and were given time to do that," Pankiw said, but that is no longer the case, when many of the workers are self-employed and work long hours. He says the change "makes it difficult to collect concerns and bring them forth," which may be a reason why no representative could be found to represent the industry on the CAPC.

The gymnasium addition is proceeding a bit behind schedule, but otherwise F. G.

Miller High School's three representatives had more cheerful news for the group.

A Videomax presentation is coming to Elk Point this Friday, thanks to financial aid from Elk Point Further Education. Videomax provides motivational multimedia assemblies using three huge inflatable screens to present sessions on decision-making, conflict resolution, drug prevention, character development and leadership, among other topics.

Videomax presenters will offer three sessions in the Elk Point Elementary gymnasium: 'Shining Star' for primary grade students, 'Showtime!' for grades six to eight, and 'Power of 3' for grades nine to 12, with parents and the public welcome to attend the sessions.

Videomax will also present a Much

Music dance that evening for the junior and senior high students, hosted by FGM's Practitioners of Underground Philanthropy (P.U.P) group, with money raised from the dance going to aid the homeless and proceeds from the concession to the Pink Heart Fund.

The P.U.P had other good news to impart, with successful magazine and cookie dough sales helping to fund the elementary school's breakfast program and to sponsor an orphan overseas. Their food bank drive collected 1,004 items, with Ms Hochachka's Grade 10 class winning the challenge. A massive amount of stuffed toys were collected in the TK's Toys for Tots campaign, and Movember activities earned over \$300 for prostate cancer research.

(Continued on Page 2)



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Oil patch rep found for CAPC

(Continued from Front Page)

Greater Lakeland Rural Crime Watch is hosting its annual meeting this Thursday, Jan. 17 at 7 p.m. in the St. Paul Legion Hall, reported RCW president Levina Ewasiuk. A guest speaker from RCMP's K Division will be in attendance, "and we're hoping for good weather and a good turnout."

Rural Crime Watch took part in the Elk Point Chamber of Commerce Winter Wonderland Parade, and gave the local RCMP Detachment a gift of Rural Crime Watch license plates for Christmas. The association also ran a bingo in December, Ewasiuk reported.

Pastor Jim MacLellan voiced an ongoing concern, regarding northbound vehicles making turning across traffic to angle park in front of the post office. "I think there may be a lack of understanding in the community that this is not

acceptable," he said. Other members also commented on the problem, which also occurs at other points on Main Street.

FCSS director Deanna Easthope reported that 15 families had been cleared for Santos Anonymous, "which is about half of last year's." She noted that acceptance is "not automatic. The recipients have to answer my questions to be approved."

Margaret Modin reported that the Seniors' Recreation Centre is "gearing up and getting back into the swing of things" as activities resume after the Christmas break.

Dawn Lavalley of Elk Point Victim Services reported that two individuals had expressed an interest in becoming advocates, with one of these now signed up. She enjoyed taking part in the Extravaganza parade, and tossed teddy bears to the crowd. Prairie EMS held a popcorn sale fundraiser for Victim Services that evening.

Another fundraiser that helped out Victim Services was their Skate With Santa, which included a silent auction, Lavalley reported "I can't say enough about Elk Point," she said, remarking on the generosity of donors for the short-notice event. She hopes to have another fundraiser on Family Day. Victim Services currently has 25 open files and 56 concluded.

RCMP Sgt. Dave Casey brought along new member Cst. Ryan Deroche as an observer, and said he had also enjoyed Extravaganza and wants to continue to be part of local events. Instead of a gift exchange at the detachment, members donated cash and turned over \$260 to the Co-op to go toward the Santos Anonymous food hampers, he reported.

Sgt. Carey said there have been a number of break-and-enters and thefts in the oil patch, and noted that a number of well locations are back from the road and hard to see for passers-by. "Some of them have infrared camera systems, and we have some clear pictures of some of those involved," he noted. K Division has a scoring system and is collecting data on oil patch incidents of this nature, and "I have been talking with CNRL's security advisor" in an effort to find solutions to the ongoing problem.

The sergeant reported "lots of fender-benders and domestic violence" as well as more major problems. He would "like to get out on the trail with skidoos and see who's insured and registered and who isn't," and hopes to do that in the near future.

One-way traffic at EPE

By VICKI BROOKER

Review Staff

A new traffic pattern is now being established at Elk Point Elementary School, in the interest of student safety before, during and after school.

Starting immediately, the school is asking for the community's cooperation in making both the parking lot and playground safer, with the implementation of one-way traffic in the parking and bus loading areas. Drivers are asked to enter the school's parking lot only through the south entrance, and to exit it only through the north entrance.

The public is also asked not to drive through the bus loading and unloading zone at any time, including weekends, as this is not a road and is flanked by the school and playground areas.

The south-to-north travel pattern will be designated with the addition of new signage in the near future, indicating 'Entrance Only' and 'Exit Only.'

Tai Chi rescheduled

By DAPHNE SCHNURER

Librarian

Tai Chi was rescheduled to Friday, Jan. 18 at 10a.m. Please call library to join us.

Also, parents of preschool children, do not forget our Rhyme Time starting Jan. 24 at 1 p.m. As well, be sure to check out our great new selection of children's picture books and early readers.

It's that time of year again to be thinking of taxes

and money. We have some great materials to give you that helping hand all of us need when it comes to taxes and saving, investing or retirement. These include: "Tax Free Savings Account" - how TFSA's can make you rich by Gordon Pape, "Debt Free Forever" - take control of your money and your life by Fail Vaz Oxlade, and "Moolala" - why smart people do dumb things with their money by Bruce Sillery.

Next Seniors' Tea - join us on Wednesday, Feb. 13

Chamber

(Continued from Front Page)

Town Coun. Dwayne Yaremkevich reported that the first building in the new industrial area, owned by Bearing Oilfield Services, is nearing completion, while work is starting on Strad Energy Services' new location. The town is currently dealing with another interested purchaser, and two other lots are available. Work is also underway on 22 residential lots and an apartment building is also in the works.

Recent temporary closures at Elk Point Healthcare Centre were due to a shortage of nurses, with no substitutes available when nurses themselves become ill. It is a problem across the region and in many areas of the province. It was noted that the health centre needs a communications protocol to get information to the public in case of future temporary closures.



NEW HOURS

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For further inquiries please contact:

Dennis Bergheim, Director of Environmental & Emergency Services
Phone 780-645-3301 Ext. 207 or 780-210-0739 (Cell)
Email: dbergheim@county.stpaul.ab.ca

ANNUAL GENERAL MEETING

for Elk Point Golf & Country Club
Tuesday, January 22, 2013 at 7 p.m.

in the Horizon Room at A.G. Ross Arena

Everyone Welcome!

THE GREATER LAKELAND RURAL CRIME WATCH

ANNUAL GENERAL MEETING

Thursday, January 17, 2013

at the

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7:00 p.m.

Guest Speaker:

K-9 DIVISION

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Elk Point TOPS marks another year of success

Club members' weight loss adds up to 138 pounds



Submitted photo
Fran Wier was presented with a weight loss award by Bev Smith, the Elk Point TOPS chapter leader.



Submitted photo
Sherry Smith receives a pin honouring her 10 years of TOPS membership from Bev Smith.

The Elk Point chapter of TOPS had a very successful year in 2012, reports chapter leader Bev Smith.

Five members lost over 10 pounds; of those, one lost over 20 pounds and one lost over one over 30 pounds.

The club had a net loss of 138 pounds.

The chapter average shows just over nine pounds lost per person.

Are **WEIGHT LOSS** and **HEALTH** part of your new year's resolutions?...



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Capsule Comments

by Your Natural Choice Apple Drugs pharmacist, Seyi Oyeboade



- To make it easier for diabetics to check their blood glucose levels, a firm in Germany is developing a small sensor chip that will be implanted near the lower eye lash. It measures glucose levels of the tears or sweat and transmits the results to a special receiver. It's a few years away from general use but sounds promising.
- Drinking grapefruit juice sometimes can affect the action of certain drugs. Often the effect is to change how drugs are broken down in the body and may cause an increase in the concentration of the drug. Our pharmacists will let you know when it would be wise not to drink grapefruit juice.
- Splitting tablets in half is sometimes needed to get the correct dose. We'll let you know when this is appropriate. Some drug companies design their tablets to split in half easily by simply pressing on the ends of the tablet. We'll inform you if this is the case with your prescription.
- National Non-Smoking Week is next week from Jan. 20 to 26 and smack in the middle is "Weedless Wednesday" which is an idea to promote a "one day at a time" approach to quitting smoking. It's a way of giving smokers a start on a smoke-free life.
- Our pharmacists are familiar with smoking cessation methods. We'd be happy to chat with you about them.



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EDITORIAL

They're our future

Last week saw a new generation take the first steps toward learning the classic sport of curling, as they took part in the Rocks and Rings workshop. On Saturday, proud parents and grandparents packed the arena to watch a new generation of hockey players take to the ice, some of them in their very first tournament ever.

In both cases, the youngsters were having fun while they got some good exercise and learned skills they can use all their lives. They might even make it to the NHL, the Tournament of Hearts or the Brier someday!

WAY BACK WHEN...

Sliders gold, tempered grants, axed library fees

HERE'S THE NEWS THAT MADE THE HEADLINES OF THE LAKELAND REVIEW AND ELK POINT REVIEW FOR THE WEEK OF JAN. 15 IN...

1988

The Elk Point Sliders slid all the way to the gold medals at the North East Alberta Winter Games in Lac La Biche, Dorothy Cardinal in Ladies' Luge, Jason Smereka and Mark Boulter in Bobsled, Kelly Currey in Nordic Combined and Anthony Bayduza in Men's Luge. Elk Point Ukrainian Dance Club hosted a traditional Holy Supper, complete with 12 meatless dishes and treats for the children scattered in the hay under the laden table.

1993

A new concept in community centre planning was discovered by Mayor Ed Buck when he was in Edmonton in his capacity as a school trustee, looking at plans for later modernization of F. G. Miller High School, and asked the Department of Education about the concept of community involvement in the project, as had taken place in Andrew. Minister of Municipal Affairs Steve West told council, "It's going to be tight. Grants are going to be tempered," after Premier Klein vowed to balance the provincial budget.

1998

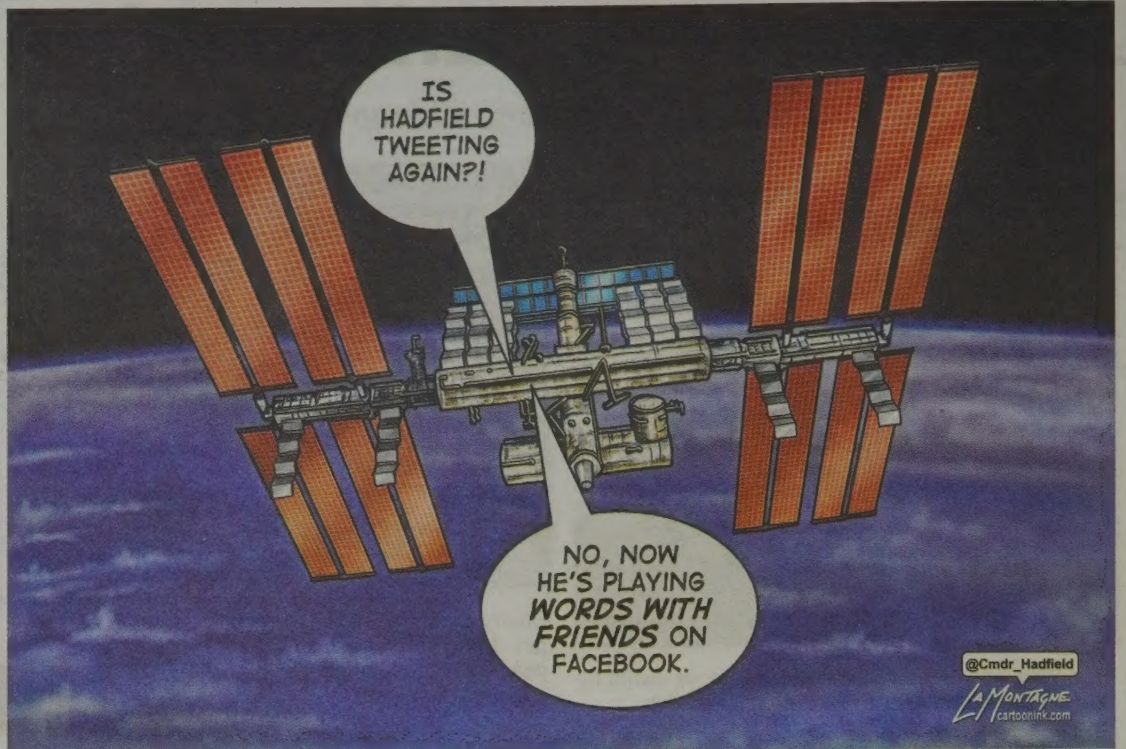
Elk Point's new garbage bylaw was reviewed and revised before being given second reading at the first meeting of the year, council also meeting with a local resident who came to voice concerns over the proposed changes. Imperial Oil and Amoco Canada Petroleum announced that Koch Oil Co. Ltd. would join them in the proposed ThickSilver Pipeline project.

2003

Elk Point Novice Hurricanes, coached by Mike Rainey and Roland Moneta, swept the 'A' side of their eight-team home tournament, defeating the pint-sized Bonnyville Pontiacs in the final. Pastor John McGregor and his wife Roberta were warmly welcomed to the community that had been their home for over a decade when they came to the Elk Point Baptist Church for a week of revival meetings, Pastor John noting that "It felt a whole lot like coming home when we came over that south hill and saw the town."

2008

Elk Point Municipal Library Board axed membership fees for the residents of the town of Elk Point and the County of St. Paul, in "a bold move" announced by board chair Laverne Wilson. Issues involving youth continued to be a focus for the Community Advisory Policing Committee, with a recent Dare to Care bullying prevention workshop going well, and junior high participants "getting quite emotional" as the workshop approached violence from an educational point of view.



GUEST COLUMN

Our Ukrainian friends

Today is Jan. 15 and our Ukrainian friends have finished celebrating their Ukrainian New Year. For those of us who are not Ukrainian, I thought it might be interesting to gain some understanding about this special day to our Ukrainian friends. What I learned came from what I learned from Google on the net.

Malanka is a Ukrainian folk holiday celebrated on Jan. 13, which is New Year's Eve in accordance with the Julian calendar. It falls one week after Christmas Eve, Jan. 6 by the same calendar. Malanka commemorates the feast day of St. Melania. On this night in Ukraine, carolers traditionally went from house to house playing pranks or acting out a small play with a bachelor dressed in women's clothing leading the troop. You may ask what songs did the carolers sing? From the net I learned that these songs are about nature's mysteries and New Year's wishes.

In the evening before the Malanka night, young men put on all kinds of costumes, some of them weird and bizarre - devils, warriors, police, witches, old women and men, death, blacksmiths, Jews, Gypsies, Turks, Hutsuls and representatives of other nationalities. All of these people in their disguise move from house to house performing their little plays and improvisations for those who would care to see their performance. They make very much noise, and in addition to music, they play practical jokes on people - but no one ever gets harmed in any way. Well, the celebrants can attempt to kiss a beautiful girl, or do some mischief, but it's all in jest.

While Christmas is an entirely religious occasion, Ukrainian New Year's Eve has maintained more of its pre-Christian secular, pagan beliefs, in particular, those pertaining to the supernatural and animals. New Year's Eve perhaps derives its name Malanka from the following folk tale collected by the Ukrainian ethnologist Osip Fedkovich



deanna
EASTHOPE
from the FCSS desk

(1834-1888):

"Once upon a time there was The Creator Praboh, who had four sons and one daughter. His daughter is our mother Earth, who was named Lada. The first son, who fought with his father God and his brothers and sister was the chief of hell, the Devil. (Yar-Yarlyo) St. George was the second son and the third was Rai who was later identified as St. John. The youngest and fourth son was Lad or Myr (Peace).

The sun itself was called Svyatovydam (All-seeing) and was considered a knight and hero in a golden cloak, with seven swords at his side and an eighth in his hand. He rode around the earth on white horses. The daughter Lada (Earth) had two children, a son which was the Moon (Knias Misyats) and a daughter Spring-May who was later called Mylanka because she was loving (myla) to the whole world. It was she who covered the world with flowers and greenery every May. Because the Evil One did harm to everyone, he was defiant enough to desire to take Malanka (Mylanka) to his underground kingdom. He finally stole her at a time when her brother, the Moon, was hunting. But she was eventually freed by him and under the name of Basil they were married. While she was absent from the world, there was no spring. Spring finally came when she, Malanka, returned to Mother Earth. So the celebration of Malanka symbolizes the beginning of spring being released from captivity and on her arrival bringing the flowers and greenery to life again."

This tale is clearly similar to that of Persephone in Greek mythology who was the daughter of Zeus and Demeter. In Latin she was known as Proserpina. The story may indicate a cultural link between ancient Greek civilization and ancient Ukraine, since Greek colonies flourished on the Black Sea coast 2,500 years ago. In North America it is traditional for Ukrainian organizations such as business and professional clubs to celebrate Malanka with a banquet and a dance.

The Ukrainian heritage in our Elk Point community has given much to the community foundation we enjoy today. Thank you to everyone with Ukrainian heritage for choosing to live in our community.

Znovym rokom ta Rizdvom Khrystovym! (We wish you a happy and prosperous New Year!)

The Elk Point Review publishes a variety of opinions as a contribution to debate on matters of public concern. Unsigned editorials express the view of this newspaper's editorial board which includes the Publisher and the Editor. Signed pieces express the view of the individual writer.

ELK POINT REVIEW

5022 - 49 Avenue, Elk Point, AB

Mailing Address:

Box 309, Elk Point, Alberta T0A 1A0
or Box 159, St. Paul, Alberta T0A 3A0

Publisher: Clare Gauvreau

Editor: Vicki Brooker

Email Address: production@stpaul.greatwest.ca

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Vicki Brooker
EDITOR



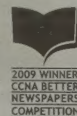
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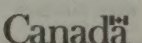
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'Grandparents Day' at AGR

By DOUG BASSETT
Review Sports

They could have called it Grandparents' Day at the A.G. Ross Arena on Saturday when the Micro Novice hosted their one-day, six-team tournament. Everyone wins at these tournaments, the kids have fun regardless of the score, the parents and grandparents brag about the kids and the concession makes a ton of money. To recap the first game, Sam 'Spiderman' Rogal, Kade Fontaine and 'King Kong Konnor' Poitras all with hat tricks. Sebastian Brousseau scoring his very first goal ever. Three assists for little Gavin Kadutski, Cole Pierce also with an assist.

In the second game, 'King Kong Konner' ringing the bell with two and added four assists, 'Cash 'CC' Capjack with a goal and an assist, 'Spiderman' also with one and one, Kade Fontaine and Gavin Kadutski with one goal each and a great second effort by Bo Fontaine who never gave up, he scored his second goal of the year. Not on the score sheet but certainly contributing by fore checking and back checking were Kale Hoeving, Nevur Howe, Jayci Marcoux, Halle Moroziuk, 'Hurricane Kayl' Warawa and 'St Nic' Penner. Great job by all the parents and coaching staff and a very special thank going out to Bernie Poitras who did a super job of announcing the play by play over the PA system.

A gallant effort by the Atom B team on Sunday when Lac La Biche came calling and the Avalanche found themselves with a very short bench, putting out a last minute call to the farm for help, picking up Luke 'Skywalker' Poulin and 'Bazooka Joe' Cardinal. It was a fantastic game for Brandon 'Bart' Schaap who was all over the ice fore checking and back checking.

A strong start for the Novice on Sunday when they hosted St. Paul, scoring six unanswered goals in the first period. In the second and third the Canadiens did pull up their socks a bit and made a game out of it, the final 8 to 3. 'Sky Walker' with a hat trick, 'Mic Jager' Fontaine with two goals and

an assist, Avery 'Whirlwind' Warawa with a goal and an assist, her cousin Kobe and Lenae Peebles with a goals as well. Dean 'the Machine' Ockerman with two assists, Jadey 'the Special Lady' Capjack and Vanden 'Mario' Moroziuk each on the sheet with an assist as well.

The day before in Saddle Lake, the Novice lost 7 to 5. A strong game for 'Mario' who scored two goals and an assist, 'Skywalker' also with two and an assist, 'Mic Jager' with a goal, 'Whirlwind' with a couple of assists and the 'Special Lady Jadey' also with an assist. (Continued on Page 7)

THANK YOU BANDURAK, Bill

The family of Bill Bandurak would like to express our gratitude for all the thoughtfulness, love and support during our recent loss of our Dad, Gido and Great-Gido.

We sincerely appreciate your prayers, personal visits, phone calls, cards, e-mails, floral arrangements, food and charitable donations.

Thank you to Dr. Oyeboode, and all the staff at Parkview Extended Care and the Elk Point Health Care Centre for the compassionate and loving care that was given to dad.

Special thank you to Carolyn & Larissa, and Staff at Grace Gardens Funeral Chapel for your professional guidance during our very difficult time. To Chapel of Memories in Peace River for the use of your facilities and assistance by your staff.

To Father Mark Sych for Officiating at the Prayer Service in St. Paul and the Ukrainian Catholic Church Choir for your harmony. To Father Roman Planchak for officiating at the Divine Liturgy and Funeral Service at Nampa, Alberta.

To Centennial Seniors Centre ladies for preparing and serving coffee and donuts after the Prayer Service. To Jennifer Wood and staff for preparing and serving a delicious hot meal after the funeral service. To Nick Murza for being the Cross Bearer. To Steve Woloshyn for assisting Father Planchak and to Mike Matwek for preparing the cemetery. To Mary Mikula for doing the readings before and during the funeral service, and also for being our liaison between Elk Point and Nampa. To grandsons Bill, Rick, Sheldon, Curtis, Dean & Kim for being the pallbearers, and granddaughters Cindy, Lori and great-granddaughter Mikaela for delivering the Eulogy.

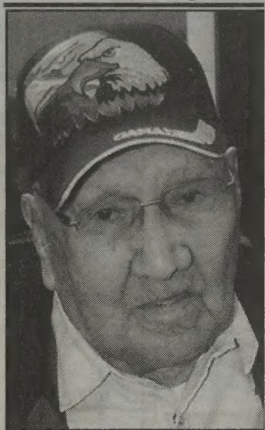
Dad / Gido / Great-Gido, you were a great inspiration to all of us, and we miss you dearly. You will always be in our thoughts and prayers.

Mary & Joe, Lesia & Adolph, Steve & Joanne, and families

Elk Point Micro Novice Avalanche hosted a very successful tournament on Saturday.

OBITUARY

Pi'chan (Peechan),
Peter Joseph



On Wednesday, January 9, 2013 Peter Joseph Stanley of Elk Point, Alberta, formerly of Frog Lake passed away suddenly at the age of 85 years. Peter is lovingly survived by his eleven children: Dorothy Stanley (John Moreau) of Edmonton, Mary-Ellen Stanley of Frog Lake, Karen (Arthur) Tremblay of Frog Lake, Linda (Melvin) Potts of Hobbema, Jeanette (Dennis) Lean of Edmonton, Herb Stanley of Frog Lake, Malcolm Stanley of Frog Lake, Mark Stanley (Shirley Benson) of Frog Lake, Carlos (Debra) Stanley of Calgary, Donna (Vernon) Lewis of Frog Lake, Robert Stanley (Bernadette Lake) of Edmonton; as well as numerous grandchildren, great grandchildren, great-great grandchildren, nieces and nephews. Peter was predeceased by his wife of 63 yrs. Mary Catherine (Wolfe) Stanley; parents: George & Marie Agness (Moostos) Stanley; four brothers: William Stanley, Jean Baptist Stanley, Jimmy Stanley, Arthur Stanley; six sisters: Veronica Stanley, Maryann Faithful, Philomene Aulotte, Maggie Delver, Annie Marie Stanley, Susan Stanley.

Wake, Thursday, January 10, 2013 at 5:00 p.m. at the Frog Lake Wellness Center, Frog Lake, AB.

Funeral Service, Saturday, January 12, 2013 at 10:00 a.m. at the Frog Lake Wellness Center, Frog Lake, AB with Reverend Oliver Brerton officiating. A Traditional Ceremony followed. Interment Service at Our Lady of Good Council Roman Catholic Cemetery, Frog Lake, AB.

Honourary Pallbearers: Gabe Fiddler, Joseph Stanley, John Fryingpan, Laverne Faithful, Joe Moyah, Lawrence Aulotte, Bobby Aulotte, Francis Dumais, Eric Gadwa, Gordon Gadwa, Arthur Tremblay, Ross Daniels, Pascal Moreau, George Moocheweines, Louis Moocheweines, George Stanley, Edward Stanley, Joe Dion, Joe Marasty, Burt Ward, Wilson Okeymow, Victor Buffalo, John Waskewitch, Eric Luffe, Melvin Potts, Dennis Wells, Wayne Groot, Oliver Brerton, Don Groot, Peter Trotter, Terry Kryder, Moise Paul, Ernest Gadwa, Hector Soloway, Frog Lake Chief & Council, Elk Point Heritage Lodge Residents & Staff and his many friends. Pallbearers: Kenneth Stanley, Lloyd Stanley, Stanley Quinney, Shane Stanley, Sam Faithful, Darryl Cardinal, Henry Stanley, Dennis Lean, Walter Brerton, Christopher Abraham.

Memorial tributes in memory of Peter may be sent to the Elk Point Heritage Lodge, 5338-50 Avenue, Elk Point, AB T0A 1A0.

Your condolences may be sent through our website at www.mementoofuneralchapel.com.

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"re-cycle"

Elk Point's youngest hockey stars took to the ice in a very entertaining tournament on Saturday, with an excellent crowd on hand.

Micro
Novice
host
tourney

(Continued from Page 5)

With a six game winning streak on the line the Atom 'A' team hosted Marwayne on Sunday and even though they put up a good fight the Sled Dogs would eventually pull their team through the Avalanche and burst their bubble. Devon 'Naz' Nazarchuk and Connor 'Coast to Coast' Lychak with two each, Dylan 'the Destroyer' Ference adding a single, two helpers for Evan 'Not Even' Ockerman, 'Lightning' Liam' Ludlage adding one as well.

And now for the K.A.Campbell quote of the week. "The strength of the group is the strength of the leaders." Last week's answer to - "Ask not what your teammates can do for you. Ask what you can do for your teammates." - Magic Johnson. Have a sports scoop? Now you can email them to sportshound007@hotmail.com

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EPE students 'Hurry HAAARD!'

By Vicki Brooker
Review Staff

When Elk Point Elementary School's physical education teacher, Christie Roche, heard about the 'Rocks and Rings' curling program, she says, "I was excited. I didn't know if they'd come out here, but I applied and here it is."

Dana Ferguson brought the program to the school last week, and with some help from Roche, soon had students from Kindergarten to Grade Six throwing rocks, sweeping up a storm and yelling, "Hurry!" The 40-minute dry-land training sessions were held in the gym.

(Continued on Page 5)

Each class learned the basics of sweeping a rock when the 'skip' called out "Hurry!" and screeching to an abrupt halt at the call of "Stop!" before going on to try their hand at sweeping in pairs.

"Hold your broom like it was a hockey stick," Roche advised. She also suggested participants decide which side of the rock to sweep felt most natural, and showed the techniques needed for sweeping on opposite sides or the same side.

As half of each class learned to sweep, the other half was busy the other end of the gym with Ferguson, learning the fine art of delivering rocks and having them end up in the concentric circles of the house. When each student had slid a floor-curling-style rock to its destination, Ferguson called everyone to gather around the house while she explained the scoring process.

When both groups had completed both sweeping and rock throwing lessons, everyone lined up in an 'L' by the house for the final 'draw to the button' competition, with a successful delivery getting a rock in the house promoting its sender to a seat in the 'champion chair' (happy dance optional) until another thrower knocked that rock out or landed closer to the centre.

All of the brand-new curlers received certificates of participation and curling tattoos at the end of the session.

While all grades got their first introduction to the sport, Grades Five and Six will be taking it a step further, with an on-ice curling unit to be offered as part of their physical education program.

The 'Rocks and Rings' program is sponsored by Capitol One and the Canadian Curling Association.

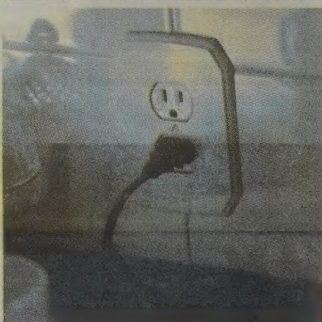
Elk Point Elementary's Phys. Ed teacher Christie Roche (left) gives a lesson in teamwork as future curlers sweep in pairs at the Rocks and Rings curling workshop.

Vicki Brooker photos



Button, button, who can land on the button?

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